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**THURSDAY, SEPT. 12, 2013**

**Almost a reality**

Backing for Wainfleet cenotaph  
Page 2

**Benefit concert**

Rock and roll for Jason Thompson  
Page 22

**Fall at Ball's Falls**

Festival dates set for Oct. 11-14  
Page 8

**2nd deer hunt**

Natives at Short Hills in late fall  
Page 28

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# INPORT NEWS

SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 35 VOLUME 17

For news updated daily see [www.inportnews.ca](http://www.inportnews.ca)

## WELLAND MARKET Food strategy on Welland MP's plate

MARYANNE FIRTH  
InPort News Staff

WELLAND — There's no better place to talk about how food moves from farm to fork than the local farmers' market.

Welland NDP MP Malcolm Allen, who doubles as food and agriculture critic, was at market square on Saturday speaking with residents about the creation of a national food strategy.



MARYANNE FIRTH Staff Photo

Welland MP Malcolm Allen speaks with local resident Steve Hemmerich at Welland Farmers' Market Saturday. Allen was at the market promoting his Farm to Fork campaign.

see FOOD | page 2

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Margaret Ann Giganti  
Sales Representative



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## ■ WAINFLEET WAR MEMORIAL

# Veterans Affairs backs plan for cenotaph

InPort News Staff

**WAINFLEET** — Doug Willford says Wainfleet has expressed a desire for a cenotaph for about eight years, but until recently it wasn't a possibility.

"A previous group had the cost estimated at \$180,000 and that just wasn't a possibility, but we're making real progress," says the chairman of the township's new cenotaph committee.



**We're trying to use as little taxpayer money as possible."**

Doug Willford  
cenotaph committee chair

About three weeks ago the committee, which has been meeting since December, received confirmation of support from the Community War Memorial Project hosted by Veterans Affairs Canada.

Veterans Affairs will recommend Wainfleet's project to Minister Julian Fantino for approval.

If the project is approved the federal ministry will cover 50% of the cost of the cenotaph.

Willford says the project should cost no more than \$75,000.

"That's for everything — the monument, the



Staff photo

Wainfleet may have a cenotaph as early as next year. Pictured from left: Wainfleet Historical Society president Janet Hodgkins and member Jack Lobbezoo; Port Colborne legion members Ginger Barrick, Bill Chown and Bryan Barrick; Welland legion past-president Bob Cummings; Wainfleet fire Chief Harry Flagg; Port legion youth education officer Doug Brown; Wainfleet Ald. Betty Konec and Mayor April Jeffs, and cenotaph committee chair Doug Willford.

landscaping, the installation — everything," he says. "We're trying to use as little taxpayer money as possible."

The committee plans to apply for grants from the Ontario Trillium Foundation, Niagara Community Foundation,

the Meridian Good Neighbour Project and others.

Past-president of Welland's Royal Canadian Legion Branch 4, Robert Cummings, who lives in Wainfleet and teaches students in the community about war, says

he walked up to Mayor April Jeffs and asked for a cenotaph about a year ago.

"I always teach students the horror of war, not the glory, and it's important for people to have a place to come and remember," he says.

Willford says Wainfleet lost nine men in the First World War and 10 in the Second World War. There are two plaques with the names of those who lost their lives defending the country in the arena, but Willford and the committee wanted more.

"Right now if people want to go to a Remembrance Day ceremony they have to go to Welland or Port Colborne — now they won't have to."

victoria.gray@sunmedia.ca  
Twitter: @VixeyG

## ■ FOOD

## Allen hopes final draft of Food to Fork strategy is ready by spring 2014

FROM PAGE 1

After two years of hard work to bring it into existence, a draft strategy is expected to be completed this fall, Allen said, with hopes a final version will be ready this spring.

He chatted with market people not only help educate them on the need for a

strategy, but to also continue to gather input on the Farm to Fork campaign, which has been presented to the public from coast to coast.

"It's an all-encompassing strategy, even though it sounds like it's just food," Allen said, adding it includes exports, farmers, processing levels and how to provide

local food to Canadians.

The strategy is intended to support farmers, improve access to healthy food, market Canadian food both at home and abroad, and to protect the country's land and natural environment.

As one out of every eight Canadian jobs is tied to food and agriculture, and food

is one of the country's largest export commodities, it's imperative to put a strategy in place, Allen said.

It will help to identify where Canada's strengths and weaknesses are in the sector, as well as where there are gaps that need to be filled, he said.

Allen noted canned

peaches a prime example of the pressing need for such a strategy.

Despite peaches being grown here, Niagarans are currently eating the canned fruits from other nations around the world following the closure of CanGro Foods Inc. — the region's only fruit canner — in 2008.

"If we had a food strategy in place, that cannery may still be here," Allen said.

He encouraged anyone interested in providing input on the strategy to do so through [www.malcolmallen.ndpc.ca](http://www.malcolmallen.ndpc.ca).

To learn more about the Farm to Fork campaign, visit [www.ndpc.ca/farmtofork](http://www.ndpc.ca/farmtofork).

■ **GREAT LAKES:** Prohibited fish a threat to commercial and sport fishing

# Invasive Asian carp species found in Grand River

DAVE JOHNSON  
InPort News Staff

**DUNNVILLE** — A species of invasive Asian carp has been found for a second time this year just below the dam at Dunnville.

Jolanta Kowalski of the Ministry of Natural Resources said a grass carp was captured in the Grand River Aug. 16. The first one was caught in April. The latest catch was 104 centimetres long and weighed 14 kg.

Kowalski said there are four species of invasive Asian carp — bighead, silver, grass and black carp — and that all four could have a terrible impact on commercial and sport fishing in the Great Lakes.

"Grass carp feed heavily on aquatic plants, which impacts native fish by reducing food sources, shelter and spawning habitats."

Only half of the plant material consumed by grass carp each day is digested, the rest is expelled into the water as waste. This undigested waste can promote algal blooms which reduce water quality and can reduce oxygen levels in the water.

Grass carp, Kowalski said, are used in Saskatchewan and Alberta, as well as many American states for vegetation control in waterways.

But those carp are all sterilized.

All live Asian carp are banded in Ontario.

"In the Lake Erie basin, several states allow stocking of grass carp if they are sterilized," she said.

The latest carp was found by biologists from Fisheries and Oceans Canada, who were monitoring for Asian carp in the Grand River, in near Haldimand County.

Testing confirmed the fish was sterile.

That's good news, said



This grass carp, 104 cm long and weighing 14 kg, was captured in the Grand River Aug. 16, by the Dunnville Dam. It marks the second carp, an invasive species, to be caught in the same location.

Supplied photo

Kowalski.

"It means it can't reproduce and indicates it did not originate in the wild. To date there has been no evidence of reproducing Asian carp populations in the Great Lakes."

Despite the two fish both being sterile, she said the ministry takes the discovery very seriously because of the sig-

nificant threat that grass carp pose to Ontario's native fish community and habitat.

Kowalski said the ministry, working with Fisheries and Oceans, sent crews to the Grand River to see if there were any more carp in the area.

None were found and the carp was being analyzed to determine its

origin. Water samples were also being tested to look for grass carp environmental DNA (eDNA).

Kowalski said the province has taken steps to combat the threat of Asian carp. In 2005, the live possession of all four species of Asian carp in the province was prohibited.

The regulations have

been enforced by conservation officers, and the ministry has worked with Canada Border Services Agency to intercept almost 17,690 kg of Asian carp at the border destined for Ontario markets.

The ministry is also actively monitoring the Great Lakes for the presence of Asian carp, and has established a

response plan with federal counterparts, and U.S. federal and state agencies.

Kowalski said if anyone thinks they have found an Asian carp, they can contact Ontario's Invasive Species Hotline at 1-800-563-7711.

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# INPORT NEWS

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## ■ ourview

### Completed roundabouts make sense to drivers

**T**here are few things in life more irritating than sitting stopped in traffic.

Anyone who has ever commuted has likely felt their stress level rise as the flow of traffic dropped from 110 km/h to zero in the blink of an eye, and with no apparent reason.

For whatever reason, it seems as though stopped traffic on the highway is so much worse than slow traffic.

Perhaps it's for that reason that the new roundabout at the end of Hwy. 406 where it meets East Main St. in Welland makes so much sense. It has often been mentioned that this is the first roundabout on a 400-series highway, but it's also believed to be the only 400-series highway that ends at a T-intersection.

Yes, drivers must slow down considerably and sometimes stop as they merge into the traffic circle, but it makes more sense than traffic lights.

It seems as though Niagara, in general, is afraid of change and this is just another example of that fear. Roundabouts have been proven to greatly improve the flow of traffic in Europe, where they're just about everywhere, and they're relatively cheap to build.

It might take drivers a few weeks to get used to using the new roundabout in Niagara, but there's nothing to be afraid of. The traffic circle at Queenston Heights is a good example of how effective they are at managing high volumes of traffic — even with people unfamiliar with the area.

That said, the Welland roundabout isn't finished — and it shouldn't have been opened until it was. The road surface is uneven, the centre ring is just made up of traffic barrels and there are too many construction-related visual distractions. The Hwy. 406 roundabout was supposed to be done months ago and perhaps the Ministry of Transportation was in a hurry to open it, but the traffic lights shouldn't have come down until it was properly finished.

The MTO is blaming the delay on weather, but there were many sunny days and dry nights when no work was being done. With people's safety at risk, there are questions that need to be answered, including why it was opened now.

# My grandmother died last month

**THOMAS ARTH**  
First Evangelical  
Lutheran Church

My grandmother, Margaret Weingartner, died last month. I was fortunate to have grown up knowing all of my grandparents and I was close to all of them too. This was the last of my grandparents to die. The first was when I was in high school, the next when I was in university, the next a couple of years after I got married. My grandmother who died last month lived to the age of 102 years, 7 months, and 9 days.

She was fortunate, and we were fortunate, that she was in her right mind, without any kind of dementia or memory loss until almost the end. The hard part was that during the last couple of years she lost most of her hearing and sight, so she lived her last years kind of closed in on herself, not by her choice but because her body forced her to.

She had some good days but they became fewer and farther between them. A few weeks before she died, my mother visited her as she did about every other day. It was hard to communicate so my mother fed her lunch

and then started to sing a hymn into the ear that could still hear a little bit. My grandmother came out of herself for a moment and started to sing along. My mother only knew a couple of verses by heart but my grandmother continued to sing another verse. After they finished singing it was back to sitting together in silence. One day this past year my grandmother asked, "How is everybody?" My mother asked, "Who do you mean?" She replied, "Well, everybody?" moaning with outstretched arms. She meant her extended family: three surviving children, ten grandchildren, 17 great grandchildren, and all of their spouses. My mom, not knowing exactly how to answer such a big question, said that they were fine, they were working and going to school. Then she mentioned that my oldest daughter would be turning 20 in the coming week. Then my grandmother recalled that when she was 20 she got engaged. Some memories never left her.

When she died I called her pastor and asked if he might allow me to take leadership of part of the funeral liturgy. I led the Thanksgiving for

Baptism at the beginning, and the Commendation at the end of the church service. Then I led the whole Committal at the gravesite.

Over my 11 years as a pastor I have become acquainted with death. I have been with a few families as they watched a loved one take his or her last breath. I have presided at 106 funerals. I don't like it. When I get a call to do a funeral my mood changes. My family notices the change in me and notices the lightness that returns once the service is over. But I'm glad to do what I do. I think that my faith allows me to share words of hope with a grieving family. Through the prayers and scripture that I share I try to give some comfort and consolation to those who mourn.

Death is a part of life. It comes to all of us eventually. It's real. That's why I try not to soften the reality by using euphemisms like "passed away," or "entered eternal rest," or any of a number of other ways people try to avoid calling it what it really is. My grandmother died last month. Really, she died.

But she was one who had a hard time talking about death too. She didn't make pre-arrangements for her

funeral preparations. One of her sons died a little over 3 years ago and it took her a long time before she could talk about it freely. And that's puzzling for me, because she was a woman of great faith. She was the wife of a pastor for 50 years. She was a Sunday School teacher and superintendent, church organist and choir director, youth leader, women's auxiliary leader, and much more in her life and service in the church. But any talk of death made her uneasy. I guess even the greatest faith has to coexist with some fear. And I have no doubt that she had faith in the promise that God would hold her in his love for eternity.

I'll miss my Oma, but the life she was living at the end wasn't really a life she would want to live. It was a good time for her to die. Her funeral for joy and euphoria was a wonderful one. I gave her a plaque that my grandmother had hanging on her wall. I'm going to hang it on my office wall. It says, "My grace is sufficient for thee" (2 Corinthians 12:9). It was a creed she lived by in good times and in bad. I will look upon it and remember her and live my life in that faith.

## ■ readers'views

### Thanks for MS Bike Tour support

My sincere thanks to The Tribune and reporter Sarah Ferguson for the picture and coverage, and to all who supported me during the MS Bike Tour on Sunday, Aug. 25.

With a personal goal of \$1,000 I raised \$3,500 and pledges are still coming in.

A total of 515 avid cyclists started at Crystal Ridge Community Centre and raised an astounding amount projected to reach a \$350,000 figure.

There were a number of families biking together.

It was well-organized with tour leaders for each group of 100 riders and bicycle repair if a problem arose.

The last half of the tour was along the Niagara Parkway, and 80 kilometers later we were back in Ridgeway for a barbecue and a complementary massage.

Thanks also to the volunteers who made it so successful.

Thanks again for your support.

Larry Peyton  
Port Colborne

### Spay and neuter

Reporter Tony Ricciuti's well written article about the Warner Rains public clinic is one to make people aware of the need to spay and neuter your pets. Everyday, local humane societies are forced to house countless unwanted cats and kittens, as well as numerous stray dogs and puppies. Simply because there are not enough homes, so often healthy young cats and dogs are euthanized. Coco gave birth to eight puppies and that translates to eight homes gone.

Owner Donna Warner must be unaware of the challenges faced daily by local volunteer animal rescue workers and humane societies staff desperately trying to find good forever homes. Most recent 2013 has been one of the worst on record for the number of litters. What lesson will children visiting the Warner Pumpkin Farm learn that this is okay for dogs and cats to give birth and to live out in a barn rather than inside the family home being socialized, loved and safe.

Faye Suthons  
Wainfleet

### About heart-safe Wainfleet

It is nice to see Wainfleet become a heart-safe community, however, having all these defibrillators spread around raises many questions.

Are any of the locations open 24 hours? Will each one come with a trained operator? Do you need an appointment to have a heart attack? Having had an attack, what is the procedure? Call around looking for an operator? Rush the person to the nearest station? Get someone to open the facility to access the unit? If the defibrillators are left outside, how long before they are vandalized or the crazies find a new game using these on each other — and will they work when needed?

The intent may be great, but the reality is quite different. One really has to wonder about the credibility of those who purchase like this and access our tax dollars for them.

Bernie Cusack  
Wainfleet

## ■ LITERACY

## Your votes count in book contest

QMI Agency Niagara

**THOROLD** — Six children's books have been picked as the best by a group of local early years education experts. Now it's your turn to choose a winner.

Voting begins Monday on the annual Regional Chair Early Years Niagara Literary Award.

Here's what you do: read the books with your children, then vote for your favourite at [www.earlyyearsniagara.org](http://www.earlyyearsniagara.org) or by ballot at public libraries, an Ontario Early Years Centre or a Niagara Region child-

care centre.

Copies of the books are available at public libraries, Ontario Early Years Centres and licensed childcare centres. The books are:

■ **Pete the Cat and His Four Groovy Buttons**, by James Dean and Eric Litwin;

■ **No Two Alike**, by Keith Baker;

■ **Penguin and Pinecone**, by Salina Yoon;

■ **This Is Not My Hat**, by Jon Klassen;

■ **This Moose Belongs to Me**, by Oliver Jeffers;

■ **Uartre trio-a-brac**, by Nick Bland and Stephen Michael King.

Voting ends Nov. 15.



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# In The NEWS

**food Basics** always more for less!

CONGRATULATIONS TO JEFF MILLEJOURS (STORE MANAGER) AND STAFF AT FOOD BASICS PORT COLBORNE ON WINNING THE CUSTOMER PROMISE AWARD.

Robert Rosovsky (Owner VP of Operations) Marney and John Macey (VP of Operations Food Basket) presented Jeff and staff with the Customer Promise award on Friday August 16th, Vance Bedewy (Mayor of Port Colborne) was also in attendance to congratulate Jeff and his staff.

Thank You to everyone who voted our store number one!



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### ■ FUNDRAISER

## Have a cocktail for kitties

InPort News Staff

**PORT COLBORNE** — Enjoy a drink in support of the community's cats.

Port Colborne Feline Initiative's fourth annual Cocktails for Kitties event takes over @27 Restaurant, 27 Main St. W., on Monday, Sept. 16.

Tickets are \$25 a person and include hors d'oeuvres served throughout the evening, as well as

one alcoholic drink.

A cash bar will be available.

The night will also include live jazz music by Dan Kozar, a silent auction, tarot card readings and door prizes.

Proceeds support PCFI's spay and neuter programs, which have treated 731 cats in the community to date.

Tickets are available at Harmony on West, 264 West St. in Port Colborne.



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1x6 - 4 CEDAR	1.00	31.11	6x6 - 8 CEDAR	21.00	46.80
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## ■ FALL FAIRS

# Supporters trying to sustain tradition amid changing times

InPort News Staff

As the days grow shorter the pumpkins grow larger.

Fall festival season is creeping up — a tradition that has had a hard time keeping up in the Rose City for the last few years.

The Niagara Regional Agricultural Society's Niagara Regional Exhibition on Niagara St. in Welland ran a \$30,000-plus deficit last year.

Agricultural society president Darlene Durham said she isn't sure why the fair suffered in 2012.

"It didn't rain," she said. "The people just didn't come."

Admissions fell by about 3,500 people which caused midway revenues to fall about \$2,000 and rental fee income fell by about \$1,000 and winter storage income fell by \$4,500.

This year the fair — themed cowboy boots and country roots — runs from Sept. 12 to 15. Admission costs \$8 per person.

Elementary school students get in free on the Friday from 9 a.m. to 4 p.m.

The society's committee spent the year drumming up ideas to draw people out this year.

"They hired a web and advertising consultant and after being dry for 20 years we have a beer tent."

"The fair has changed a lot this year compared to last year," she said.

There will be a KX94.7 New Country video dance party Saturday from 9 p.m. to 1:30 a.m., a host of new entertainers and with everyone who pays admission will receive a ballot for a motorcycle draw. The draw will be held Sunday afternoon.

Durham said this year the fair needs about 10,000 people to come through the gates to break even.

The Wainfleet Agricultural Society's Wainfleet fair runs from Thursday, Sept. 19, to Saturday, Sept. 21, on and across the grounds of Wainfleet Arena.

It features more than six new events including an all-terrain vehicle expo, a farmers obstacle course fix the fence, rope the loose calf, tractor tire, stack the hay, feed the animals and bring home the bacon.

The Niagara Wine Festival in St. Catharines runs from Saturday, Sept. 14 to Sunday, Sept. 29 with events at wineries all over Niagara.

Annual festivities in Montebello Park with live entertainment, wine and food samples runs from Sept. 20 to 22 and Sept. 27 to 29.

For more information visit [www.niagarawinefestival.com](http://www.niagarawinefestival.com).

On September 14 Neob Lavender will present the Niagara Garlic and Herb Festival from 10 a.m. to 5 p.m. at Niagara Essential Oils and Blends on Stone Road Farm on Niagara Stone Rd. in Niagara-On-The-Lake.

This culinary event will bring together vendors from all over Ontario that either grow garlic or use garlic in foods like jams and jellies or even chocolate.

There will be cooking demo's, garlic braiding and more.

The Ridgeway Fall Festival on Saturday, Oct. 12 on Ridge Rd. celebrates the last day of the Farmer's Market with live music, a beer tent, a pumpkin carving contest, face painting and more.

Vineland's Artist at Vineland Public School on runs from Saturday, Oct. 12 to Monday, Oct. 14 from 10 a.m. to 5 p.m.

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# In The NEWS

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# INPORT NEWS

## Drawn to the magic of Ball's Falls

InPort News Staff

As the trees don their fall colours  
some Niagara residents think crafts.

The 39th annual Ball's Falls  
Thanksgiving Festival runs from Oct. 11  
to 14 from 10 a.m. to 5 p.m. daily.

The festival features more than 130  
artisans showing, demonstrating and  
selling their creative wares, like pottery,  
paintings, jewelry, lawn ornaments,  
clothing and more.

There will be live entertainment, children's  
activities and heritage displays  
throughout the festival to keep people of  
all ages wanting more.

Admission costs \$6 person, children  
under 14 are free when accompanied by  
an adult and seniors 65 and over are \$4  
on Friday.

According to the Ball's Falls website,  
many individuals both young and old  
from the community asked for a chance  
to entertain festival goers with live  
local music and the Niagara Peninsula  
Conservation Authority has added a  
community stage.

For more information about the stage  
or to audition for a slot contact the conservation  
authority at

In addition to the arts, crafts and  
wares, visitors can enjoy the beauty of



**JULIE JOCSAK** QMI Agency Niagara

Ben and Joanne Rivard check out the  
antique engine display at the 2012 Ball's  
Falls Thanksgiving Festival.

the 19th Century hamlet and the Twenty  
Valley eco-system.

Ball's Falls Centre for Conservation has  
interactive exhibits that will introduce  
visitors to the diversity of the Niagara  
Escarpment.

Visitors can hike Cataract Trail along  
the banks of Twenty Mile Creek and see  
Niagara's other water falls.

The festival is a major fundraiser for  
the conservation authority which helps  
with a number of projects.

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Mark got out of school and went to work in the fire restoration business, re-building homes that had been damaged by fire or other disaster. He worked his way into construction estimating, involving not just the rebuild of homes, but also the insurance claims process.

After leaving the construction business, Mark learned how to deliver exceptional customer service, having spent 12 years in retail management. What started as a temporary job selling clothing, turned into managing furniture stores all over Ontario, with purchasing, merchandising, and staffing all his responsibility. That was when Mark's father, also a State Farm agent, approached him about joining the company.

"He sat my wife and me down to dinner and asked me where I saw myself in ten, twenty, and thirty years," he recalls. "He asked me if I was satisfied with the amount of time that I got to spend with my family, and frankly I wanted more time with my wife and son."

Following an intensive training program, Mark opened his State Farm agency in Port Colborne in 2001. As well as selling a full range of insurance products, Mark is also a licensed representative for financial and retirement planning. Plus, he and his team offer vehicle financing through State Farm Finance Corporation.

Mark's office team consists of Matthew Bodis and

Jen Van de Kamer. Matthew has worked in the insurance industry since graduating with degrees in Psychology and Marketing. Jen brings extensive management and customer service experience from the medical profession. They are each licensed and qualified to give their clients the best possible

service and counsel. The State Farm team is also available 24/7 – whether you want to stop by during business hours, or call or email any time after. That works well for Stephen Cooper, a busy husband and father of three. "My favorite aspect of dealing with Mark's office is that no matter where I am: home, work or my mobile phone, I can always reach out to Mark and his team, whether it is for routine updates or on-the-fly coaching to

achieve my financial and personal goals."

Mark and his team take great pride in having a solid knowledge base to share with their clients. "If we don't know the answer, we can get it fast," Mark says with a smile. "Our clients like it that we know our products, as well as the rules and regulations governing them. And they like that when the worst happens, we are right there with them. When we say that we are 'like a good neighbour,' that's not just a slogan, it's the way we do business." Stephen Cooper says it best when he says, "Peace of Mind is an understatement when dealing with Mark's office team."



220 Main St West, Port Colborne, ON L3K 3V4  
phone: 905.835.0521 toll-free: 1-866-748-7062

# datebook

**SATURDAY  
SEPTEMBER 14**  
**PLANT SALE**  
hosted by Master Gardeners  
of Niagara, 9 a.m. to noon,  
at Vineland Research and  
Innovation Centre, 4890

Victoria Ave. Perennials,  
bulbs, etc. Great prices;  
cash only. Also, garden tool  
sharpening for a donation.

**SUNDAY  
SEPTEMBER 15**  
**RENAISSANCE MIDWIFERY**  
annual family potluck  
picnic, 2 p.m. to 5 p.m. at  
Auberge Richeleu in  
Welland. This event is open

to all of our former clients  
and their families. Visit  
[www.renaissancemidwifery.ca](http://www.renaissancemidwifery.ca)  
or find us on Facebook  
for more details.

**MONDAY  
SEPTEMBER 16**  
**BOOK READING**  
Author Robert McGill who  
has ties to Fonthill releases  
his second novel at Pelham

Public Library. A richly textured  
novel of idealism and  
romance set in Niagara.  
*Once We Had a Country* re-  
imagines the impact of the  
Vietnam War by way of the  
women and children who  
fled with the draft dodgers.  
McGill will be joined by Julie  
Mannell, a Montreal prose  
and poetry writer, was born  
and raised in Fonthill. Time  
7:30 p.m. Cost  
\$10.

**TUESDAY  
SEPTEMBER 17**  
**START YOUR OWN BUSINESS**  
Paul Norton from Ontario  
Office Works will be at the  
Employment Solutions office  
at 3 East Main St., Welland, to  
answer any question about  
starting your own business.  
Information on (Ontario Self  
Employment Benefit Program);  
10 a.m. to 11 a.m. Call 905-788-  
3751 to reserve a seat.

**WEDNESDAY  
SEPTEMBER 18**  
**PORT CARES EMPLOYMENT**  
At Wainfleet Township Public  
Library 9-11 a.m. If you are  
actively job searching, our  
adviser can offer tips, sug-  
gest resources and review  
and make recommendations  
about your resume. For more  
information call Port Cares at  
905-834-3629.

**MORE LISTINGS PAGE 11**

## PORTAL VILLAGE PLAZA

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## PORT COLBORNE Youth BASKETBALL Registration 2013

**SATURDAY SEPTEMBER 14  
SATURDAY SEPTEMBER 21**

**Late Registration  
Applies After Sept 21**  
(additional \$20)

**Location:** Vale Centre  
Golden Puck Room (upstairs)

**Time:** 9 am to 12 noon

**Fees:** Beginner .....\$125  
House League .....\$150  
Travel Players .....\$350  
Novice Travel .....\$250

[www.porthoops.ca](http://www.porthoops.ca)

# datebook



## THURSDAY SEPTEMBER 19

**SMART SERVICE**  
training at Employment Solutions, 3 East Main St., Welland, 9 a.m. to 12:30 p.m. Call 905-788-3751 for more information or to reserve a seat.

## FRIDAY SEPTEMBER 20

**THE THREE CANTORS**  
in concert, 7:30 p.m. at St. James & St. Brendan Anglican Church, 55 Charlotte St., Port Colborne. Tickets \$20 (includes pie and coffee reception). Call 905-834-3184 for tickets.

### RESUME CLINIC

at Employment Solution, 3 East Main St., Welland; 9:30 a.m. to 11:30 a.m. Receive advice about your present resume or have help in developing a new one. Call 905-788-3751 to reserve a spot.

### COUNTRY HOEDOWN

to benefit Welland hospital. Welland Hospital Foundation has put the cows out to pasture on old dance ideas and created this new event for all you country lovers while raising money for our local hospital. The hoedown will be held at Club Richelieu at 7 p.m. Featuring live music by The Elton Lammie Country Band along with 50/50 draws, cash bar, pig roast by Boss Hog Pork & Beef and great prizes to be won. Country attire is encouraged, but not required. Tickets are \$10 each and are available at the door. All proceeds from this event will go towards life-saving equipment for Welland hospital. For more information contact Lori Pottie at 905-378-4647 ext. 32395 or e-mail: lpottie@niagarahealth.on.ca.

## MONDAY SEPTEMBER 23

**PHOTOGRAPHY 201**  
Beyond the Basics. Award-winning photographer and Welland Camera Club president Peter Ferguson will take you through the settings on your camera and talk about post-production ways to turn a photograph into a work of art. Bring your camera and manual. 2 p.m. to 4 p.m. Cost \$10. Register ahead.

### PELHAM HORTICULTURAL

Society meets at the Fonthill library, 7:30 p.m. to 9:30 p.m. Darrell Bley, a Niagara Parks Commission School of Horticulture instructor, will speak on the creation of a natural swimming pond. New members and guests always welcome.

### SECOND CAREER

information Session at Employment

Solutions, 3 East Main St., Welland; 2:30 p.m. to 3:30 p.m. Second Career is an Ontario government program that enables laid-off Ontarians to train for a new job that is in high demand. In this session you will be able to find out if you qualify for the Second Career program. Call 905-788-3751 to reserve a spot.

### KNITTING CIRCLE

at Wainfleet Township Public Library, 6:30 p.m. to 8 p.m. This drop-in knitting club will meet to knit together, share patterns, help each other and learn how to knit. Crocheting is welcome.

## TUESDAY SEPTEMBER 24

**FALL FASHION SHOW**  
Niagara Women's Connection, an inter-denominational Christian women's club, invites you to a relaxing afternoon of fun, friendship, information and inspiration. This month we will be presenting a fashion show featuring shoes and purses from Walking On A Cloud. Time 1 p.m. to 3 p.m. Our special speaker will be Joan Thiessen of Stoney Creek, on how we can have peace over our circumstances and constant change. We would like to give everyone the opportunity to help out Pelham Cares with a donation of a non-perishable food item. Coffee, tea and treats will be served for \$7. Babysitting is provided free of charge. The show is at Kirk on the Hill Church, 1344 Haist St., Pelham. RSVP to Margaret at 905-788-9642 or e-mail: mrs.q@live.ca.

### CARD MAKING WORKSHOP

Participants will make six cards using a variety of techniques. Most materials are provided at Pelham Public Library. Time 10 a.m. to noon. Cost \$10. Register ahead.

## WEDNESDAY SEPTEMBER 25

### PORT CARES EMPLOYMENT

Services will be at Wainfleet Township Public Library 9 a.m. to 11 a.m. If you are actively job searching, our adviser can offer tips, suggest resources, and review and make recommendations about your resume. For more information call Port Cares at 905-834-3629.

### WHEEL OF WORKSHOPS

at Employment Solutions, 3 East Main St., Welland, this day and Sept. 26. 9 a.m. to 4:15 p.m. Call 905-788-3751 for more information or to reserve your spot in the free two-day workshop to get you ready to land that job you been looking for. You will receive a certificate at the end of the second day. There are eight workshops: resumes, interviews/dressing and grooming, cover letters, computer basics, job retention, conflict resolution, stress management and Where are the Jobs?

# CANNING AT CANADIAN TIRE

Golden Harvest 500 ML Jar	Regular Mason Jars, 500 ML	Wide Mouth Mason Jars, 1L	Golden Harvest 200 mL Preserving Jar
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 NO2032 <b>24.99</b>	 NO2033 <b>19.99</b> Sale! Reg 19.99	 NO2034 <b>19.99</b>	 NO2035 <b>19.99</b>
Bernardin Canning Rack	Bernardin Presser Jam Pectin	Bernardin Liquid Pectin	Canning Funnel
 NO2036 <b>17.99</b>	 NO2037 <b>7.99</b>	 NO2038 <b>4.99</b>	 NO2039 <b>4.99</b>
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<b>HUNTINGTON RD.</b> <b>NIAGARA FALLS</b> 905-254-5544	<b>SHANNON RD.</b> <b>PORT CRO</b> 905-877-1564	<b>WEST SIDE BL.</b> <b>PORT COLBORNE</b> 905-630-1100	<b>PRINCEWILL ROAD</b> <b>WELLAND</b> 905-722-7001

## MAJOR CYCLING EVENT TO MAKE HISTORY IN NIAGARA REGION ON SEPTEMBER 14.

**Road Closures In Effect.**



Some neighbourhoods and primary roads will have major impacts. These include:

- Niagara Parkway** • 6:00 am – 1:30 pm: Portions CLOSED – use alternate route
- Queenston** • 6:45 am – 7:30 am: No vehicles permitted to cross Niagara Parkway  
• 7:30 am – 9:00 am: Expect delays for crossing at York Road
- Bevan Heights** • 7:00 am – 12:15 pm: No vehicles permitted in or out of Melrose
- Stonefield Park** • 7:00 am – 12:30 pm: No vehicles permitted in or out of Pinestone Road
- Calaguro Estates** • 7:00 am to 12:20 pm: No vehicle access to Mountain Road from January Dr., Colangelo Dr. or Mewburn Road
- Thorold Tunnel** • 7:00 am – 12:15 pm: Both westbound Lanes CLOSED – use alternate route
- Short Hills** • 8:00 am – 11:30 am: No vehicles permitted on roads – see course map online
- Lookout Street** • 8:30 am – 11:00 am: No vehicles permitted on road – park elsewhere for egress

For more information on the course and the road closure information in these specific neighbourhoods, visit [www.september14.ca](http://www.september14.ca), or call 1-888-551-4070

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66 Charlotte Street  
Port Colborne, ON L3K 3C8  
email: newsletter@portcolborne.ca

# CITY HALL NEWS

A Newsletter written by Staff for the Residents of Port Colborne

SEPTEMBER 12, 2013

## Roselawn Centre *Upcoming Events*

Roy Orbison "Shades Of Yesterday"  
Saturday September 21, 8 p.m.  
Tickets \$28.00

Johnny Cash & The Queens of Country  
Sunday November 3, 3 p.m.  
Tickets \$28.00

Elvis "The moments" Pete Paquette  
Saturday November 16, 8 p.m.  
Tickets \$30.00

Poor Angus  
Friday November 29, 8 p.m.  
Tickets \$27.00

Call The Roselawn Box Office 905-834-7572



## Port Colborne's *Fall & Winter Leisure Guide*

Your new Fall and Winter Leisure Guide was delivered with your newspaper August 29th!

Check out the many new Recreation program offerings and ways for you to PORTicipate ... Try one of our many new dance, art or fitness programs, give our new Pickle Ball game a try or challenge yourself in the 5km challenge or Strollercize!

If you there is a type of program you would like to see offered in the future, let us know by filling out the program proposal form found on page 35 of the Leisure Guide.

If you didn't receive your Leisure Guide, go online to view it at [www.portcolborne.ca](http://www.portcolborne.ca), contact Community Services for a hard copy at 905-834-1668 or pick one up at Roselawn, City Hall or the Vale Health & Wellness Centre.



## OnlinePORT *Welcome* to The City of Port Colborne's OnlinePORT

The City of Port Colborne recently launched a new system for users to find activities and register online! Visit <https://activenet1ca.active.com/cityofportcolborne/> to search for lessons or classes such as Ballroom Dancing, Cheerleading, Pickle Ball, Glee Club, Tai Chi, Water Colours, Yogilates, Zumba and more! You can also search for facility availability and reserve Parks, Pavilions, the Bandshell, Ball Fields, Ice Rinks and Soccer Fields.

Go online and check it out! PORTicipation has never been easier!



## Year End Review... Sugarloaf Marina

Reflecting back on Sugarloaf Marina's 2013 summer season highlights, we were very pleased with the sold out Budweiser Can Am Walleye tournament held and organized by Erie Tracker Outfitters from June 21 - 23. Art Walnes and his team "WalnSea" won the title as champions with the catch of six fish weighing in at a total of 47.24 lbs. It was a fun-filled weekend for all. The entire event was a true testament to Port Colborne's title as WFN's Ultimate Fishing Town.

BoarderPass had another successful season here at Sugarloaf Marina. They held their annual events such as the Triple Crown Event on June 15, the "Roots Wake Series Boarder Pass Open" on July 13, and the Fearless Females event on July 19. Each event had great turnouts as many participants came to test their abilities on the wakeboarding course.

Sugarloaf Marina was also very enthused with the number of boats that entered the marina for the 2013 Interclub Cruise on June 24. A total of 54 boats came into the marina that day. It was a fun and exciting day for both the boaters and the staff.

We were also thrilled to be declared the World Fishing Network's Ultimate Fishing Town. On June 28, The World Fishing Network (WFN) came to the marina for the Ultimate Fishing Town Celebration. Mayor Vance Badawey gave a warm welcome at the event to Mariko Izumi (WFN representative), who presented the cheque for \$25,000 to our city. During Mariko's stay in Port Colborne she went fishing out of Sugarloaf Marina and caught her personal best Walleye. It was a great day both for the marina and for our city! Visit [www.portcolborne.ca](http://www.portcolborne.ca) and click on the YouTube link to view WFN's video promoting Port Colborne as the 2013 Ultimate Fishing Town.

The Flavours of Niagara Festival which took place from June 29 to July 1 was a great weekend for the marina as transients came in to experience all that this event has to offer.

Sugarloaf Marina had one of its busiest weekends from August 2-5 as boaters from all around came to enjoy the Canal Days Marine Heritage Festival. We were thrilled to top last year's numbers as 146 boats visited the marina during

Canal Days last year and 153 boats visited the marina during Canal Days this year. Canal Days weekend at the marina is always very special, as friendships and bonds are created between fellow boaters and many memories are made. Sugarloaf Marina was prepared for this wonderfully busy weekend with fully stocked ice-creamers and a staff that was ready to work. The staff enjoyed the happy faces that filled the marina and the boaters experienced a very enjoyable long weekend.

All in all, we have had another successful season here at Sugarloaf Marina. We ended off this season with a definite bang. Our year end party was held on August 31 underneath our pavilion. Meal tickets were \$20.00 which included an 8 oz. steak, baked potato, corn on the cob, and salad. There was live entertainment by Flashback ft. Brian Neale and a cash bar. It was anticipated to be a fun-filled evening and it definitely lived up to its expectations. Sugarloaf Marina is looking forward to next year's summer season. We would like to extend our gratitude to all of our customers for making this season so enjoyable.



## 2013 Engineering & Operations Projects Update

- Road repairs program is underway.
- Sidewalk replacement program is underway and will proceed into early fall.
- Watermain replacements on Elm Street, Snider Street and Clarence Street are now complete. In the spring of 2014 all three roads will be resurfaced after the one year warranty maintenance periods have ended.
- A new playground structure has been finalized at H. H. Knoll Park.
- Initial designs and studies are being finalized for the construction of the City's new Operations Centre with construction planned in 2014/2015.
- The City's annual roadside ditching program will be starting soon with completion planned by fall.
- Maintenance works have been completed or are underway for the Marsh, Fred Pietz and West Beass West Municipal drains. Maintenance works are planned over the next twelve months on the Neff, Indian Creek and Ramey drains.
- New Engineers reports are being worked on presently and being finalized for the Young-Hopf Wagner, Zavitz, Michener/Wignell and Beaverdam drains. Once those reports are finalized and the public process complete, the necessary works can be undertaken.

## City's Drinking Water System Receives Accreditation

In order to be licensed to own and operate a drinking water system under the Safe Drinking Water Act, 2002, the City of Port Colborne is required to have a Quality Management System implemented that conforms to the Ontario Drinking Water Quality Management Standard (Standard).

The City's Drinking Water Quality Management System (QMS) has been in place for four years, and a significant amount of effort has been put towards meeting the requirements of the Standard and ensuring that the QMS accurately documents the City's activities in not only meeting but exceeding the regulatory requirements

for drinking water. In March 2013, an auditor from QMI-SAI Global visited the City to perform an on-site audit of the City's QMS against the Ontario Drinking Water Quality Management Standard. The auditor reported that the QMS was effectively implemented and recommended the City for accreditation.

The City received their Certificate of Accreditation in July 2013. This accreditation not only satisfies the regulatory requirements set out by the Province, but also demonstrates the City's commitment to providing a safe, reliable supply of drinking water to our residents, businesses and visitors.



## CITY OF PORT COLBORNE HYDRANT FLUSHING Fall 2013

Residents are hereby notified that the Public Works Division personnel of the Operational Services Department will be flushing hydrants beginning Sunday, September 29 to Friday, November 1, 2013.

This work will be carried out between the hours of 10 p.m. to 6 a.m. in an effort to minimize disruption of water service and inconvenience to our residents. Hydrant flushing is performed annually for the general improvement of the water system.

During this period residents may notice a slight discoloration in the water. Residents may wish to run their tap until the water is clear. If there are any inquiries, please contact the Public Works Division at 905-835-5079.

The cooperation of all citizens will be greatly appreciated.

Ron Hanson, C.E.T.

Director of Engineering & Operations

## Killaly Street West (Regional Road 5) Reconstruction & Watermain Replacement

The Region has initiated the detailed design of an urban cross section for Killaly Street West from Steele Street to King Street. The City has partnered with the Region and will be replacing the existing cast iron watermain with PVC along this section. The project is scheduled to be tendered and awarded in the fall of 2013 with the watermain replacement work to be completed over the winter season followed directly by the road works in the spring. Currently, utilities have been on site completing their respective relocations in anticipation of the Region's and City's works.

## What you should know about *Water Meters*

### Location:

Unlike a hydro or gas meter, water meters are generally located inside homes and businesses, in the basement or crawl space. Many homes have a black pad on an outside wall, which is how the City obtains the read from older-style meters.

### Ownership:

The water meter in your home is the property of the City of Port Colborne, and as such, the City's certified Water Meter Installers are entitled to inspect your water meter whenever necessary to ensure that it is operating correctly or to investigate abnormal fluctuations in water consumption. If an inspection is necessary, a notice or letter will be left at your property, requesting that you contact us to schedule an appointment. Please do not ignore any notices, as this could result in your account being put on flat rate billing of \$563.46 per quarter, or \$2,253.84 annually.

### Property Owner's Responsibility:

Property owners are responsible for the safe-keeping and care of the water meter in their property, and are responsible for ensuring that it is accessible. This includes taking steps to ensure that the water meter does not freeze during the winter. Property owners are responsible for the cost of repairing or replacing water meters that are damaged due to improper care or tampering. If you require information to protect your water meter from freezing, please

contact the City's Public Works Department at 905-835-5079.

### Tampering:

Removing, bypassing or otherwise tampering with your water meter in an attempt to reduce your water bill is illegal and dangerous. When someone uses water without paying for it, others pay more. Every meter in the City has been sealed with wire and a blue seal – the purpose of which is to prevent meter tampering. If the seal is damaged, broken or missing from your water meter, call the City's Public Works Department at 905-835-5079 immediately to request

that the meter be inspected and re-sealed. Failure to report a broken seal could result in property owners being fined for water meter tampering under the Water Bylaw (3151/22/95).

Call 905-835-5079 if you know of anyone tampering with a meter.

### For more information:

For inquiries about your water/wastewater bill, please contact the Water Billing Department at 905-835-2900. For inquiries about your water meter, please contact the Public Works Department at 905-835-5079.



Photo showing water meter sealed with blue meter seal and sealing wire



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--	--	--	--

\* Add Your Family Name to the walkway.

## Port Colborne Link

Timing changes to the bus connecting Welland and Port Colborne. The changes will improve connections to and from Welland Transit, St. Catharines and Niagara Falls.

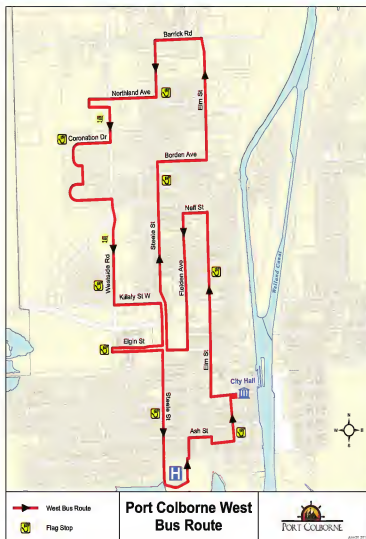
### New schedule:

PC City Hall (depart)	Ontario & Canal Bank	Niagara College	Sawney Hall	Welland Transit	Ontario & King St.	PC City Hall (arrive)
7:15 a.m.	7:31 a.m.	7:40 a.m.	7:47 a.m.	7:51 a.m.	8:00 a.m.	8:25 a.m.
8:20 a.m.	8:36 a.m.	8:45 a.m.	8:52 a.m.	8:56 a.m.	9:05 a.m.	9:25 a.m.
12:05 p.m.	12:21 p.m.	12:30 p.m.	12:37 p.m.	12:41 p.m.	12:50 p.m.	1:10 p.m.
1:15 p.m.	1:31 p.m.	1:40 p.m.	1:47 p.m.	1:51 p.m.	2:00 p.m.	2:20 p.m.
5:10 p.m.	5:26 p.m.	5:35 p.m.	5:42 p.m.	5:46 p.m.	5:55 p.m.	6:15 p.m.
5:20 p.m.	5:36 p.m.	5:45 p.m.	5:52 p.m.	5:56 p.m.	6:05 p.m.	6:25 p.m.

For more information, please visit: [www.niagararegion.ca/transit](http://www.niagararegion.ca/transit)

Niagara Region

niagararegiontransit



# Farmers' Market

Friday morning from 6 a.m. to 1 p.m.  
at the Market Square across from City Hall.

905-835-2900  
[www.portcolborne.ca](http://www.portcolborne.ca)



## PORT COLBORNE PUBLIC LIBRARY

### THANK YOU TD SUMMER READING CLUB SPONSORS AND PARTICIPANTS!

222 children joined the 2013 TD Summer Reading Club. In total they read 2,773 books! Participants received prizes after reaching milestone levels of 5, 10 and 20 books read. Thanks to our sponsors TD Bank, McDonalds, Avondale, Harvey's, 7-Eleven and Tim Hortons. Thanks also to our student volunteers and community partners who donated their time and talents including story-teller Derek Miller, the St. John Ambulance therapy dog program, Niagara Waste Management's recycling program, and Lisa Green.

### OCTOBER IS CANADIAN LIBRARIES MONTH

This year's theme is 'Libraries Connect'. Libraries are about books, computers, Internet and Wi-Fi access, digital information, electronic resources, downloadable e-books, music, & much more! They are also about bringing a community together and connecting with the world. Drop by the library on Wednesday, October 23 for Patron Appreciation Day where coffee, cookies, and smiles are on the house! Your library: a place to meet, connect and explore.

### CANADIAN LIBRARIES MONTH ACTIVITIES INCLUDE:

#### Connect Hearing!

Tuesday, October 1, 1 - 3 p.m.  
Free 15-minute screening to assess your hearing. Provided by Connect Hearing. Call the Library at 905-834-6512 to reserve your session.

#### Coping Skills Workshops

Intended for family members who have a relative dealing with a mental health problem.

Thursdays, October 10 to 31, 6 - 8 p.m.  
Workshops are free. Registration required. Call 905-894-6808.

#### Al-Anon Family Groups

Support for people who have been affected by a family member's drinking. Saturday, October 5, 9:30-11:30 a.m.

## Port Colborne *Public Library*

310 King Street, Port Colborne, ON L3K 4H1 | www.portcolbornepubliclibrary.org  
Phone: 905-834-6512 | Fax: 905-835-5775 | Email: library@portcolborne.ca

Hours of Service: Monday, Tuesday, Thursday: 10 a.m. - 8 p.m. Wednesday, Friday: 9 a.m. - 5 p.m.  
Saturdays: June 1 to September 30: 9 a.m. - 1 p.m.  
Saturdays October 1 to May 31: 9 a.m. - 5 p.m.  
The library will be closed Monday, October 14 for Thanksgiving Day.

An Al-Anon representative will be available in the Atrium to answer questions and provide information

#### Forgiveness Workshop with Tracy Zimmerman

Monday, October 21, 2013, 6:30 - 7:30 p.m.  
A workshop on how and why to forgive. Find out how forgiveness is an important component in helping to prevent and cope with bullying and how parents can teach their children how to heal through forgiveness.

Cost is \$5.00 per participant. Pre-register at the Library.

#### E-book & Audiobook Library Download Seminars

Monday, October 7, 6:30 - 7:30 p.m.  
Join us for a free demonstration of how to select, check out, and download e-books & audiobooks from the Library site to your home computer and transfer them to a portable device. Call us at 905-834-6512 to sign up.

#### P.A. Day Crafts with Stacey

Paint a whimsical owl plaque.  
Friday, October 11, 2:30 - 4 p.m.  
For ages 5 to 12. Cost is \$4.00. Pre-register at the Library.

#### Tot Time with Stacey

Stories, crafts and activities specially chosen for small children.  
Thursdays, October 3, 17, 31, 10:30 - 11:30 a.m.  
For ages 2 - 4 with a parent/caregiver.  
Cost is \$1.00 per class. Pre-register at the Library.

#### Painting with Margaret

Paint a wooden pumpkin for Halloween!  
Saturday, October 12, 3 - 4 p.m.  
For ages 6 to 12. Cost is \$4.00. Pre-register at the Library

#### One-on-One Computer Lessons

Saturday mornings at the Library  
Lessons geared toward your interest.  
Topics available include: email, Facebook, Twitter, blogging, creating simple websites, and more! Cost is \$10.00 per person per one-hour lesson. Pre-regis-

tration required. Book your appointment today!

#### Thrifty Living Social Club

**Coupon Swap**  
Next meeting is Monday, October 28 at 6:00 p.m.  
Coupon swaps, thrifty living tips, guest speakers on healthy living and general interest topics.  
Free for adults of all ages. Refreshments provided. For more information, contact Lisa at 905-834-9354 or stop by online at <http://helpinggreenelfs.webs.com/>

#### Fall Knitting Classes

Tuesday evenings 7 - 9 p.m., Sept. 24 to Nov. 19  
Thursday afternoons 1 - 3 p.m., Sept. 26 to Nov. 28  
With Instructor Vicki Fretz. For more information or to join the Knitters Club, call Vicki at 905-835-5373.

#### Film Buffs

Wednesday, October 30, 2 - 4 p.m.  
The inaugural meeting of the Film Buffs discussion group. Members watch a film at home and then join the group for discussion and review. The film will be announced October 1 and will be available in DVD format to borrow from the Library.

#### Films for Seniors

Presented the third Wednesday of the month, September to June, at 1:30 p.m.  
Free admission! Free refreshments!

#### Wii Bowling for Seniors

Presented the third Wednesday of the month, September to June, 1:30 - 3:30 p.m.  
Join us for an afternoon of fun, low-impact exercise, and a bit of friendly competition. Free admission.

**Freelag Music**—free and legal music downloads for Port Colborne Library users—available 24/7  
Port Colborne Library patrons can download free music—3 songs per week per registered cardholder—through Freelag Music. All you need is a valid Port Colborne Library card and PIN. Stop by the library or give us a call at 905-834-6512 for more information.

## Port Colborne *Historical and Marine Museum*

Open 12-5 Daily FREE ADMISSION!  
280 King St. • 905-834-7604

New Exhibits Opening Fri. Sept. 20



**Open For Business:** Still Port Colborne's distinct shopping area, the exhibit celebrates the early merchant districts of the city, which supplied the Village of Huronstone and the Village of Port Colborne with all their early needs.



**Whatchamacallits & Thingamajigs:** Unfamiliar and mysterious objects that will befuddle and baffle you. This interactive exhibit allows you to be a history detective and guess the identity of curiosities, gadgets, and gizmos in this one of a kind exhibit.



**Tickets for Oakwood Cemetery Tours** are available for sale at the Museum and Archives for tours Thursday, September 26 and Saturday, September 28. Please call for more information 905-834-7604.



The staff and Board of Management would like to recognize the Museum Auxiliary and the volunteers who have worked over the years to make Arabella's Tea Room a success as they celebrate their 35th Anniversary. If you haven't been yet, Arabella's will still be open 2-4 p.m. daily for the rest of the month and then again in December for Christmas pudding and sauce week.





## PORT COLBORNE FIRE & EMERGENCY SERVICES 3 KILLALY ST. WEST 905-834-4512

# SILENT BUT DEADLY



Carbon monoxide is invisible and odorless and can kill you in no time at all. Only a carbon monoxide detector can alert you to this deadly gas.  
Install one today.

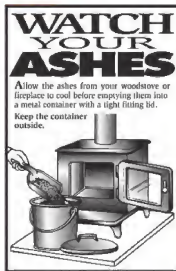


Port Colborne Fire & Emergency Services currently sells battery back-up carbon monoxide alarms for \$25.00 each. A small price to pay to save your family's life.

## BBQ Safety

Every year in Ontario, people are injured needlessly while lighting their barbecues. The correct way to light your propane barbecue is to open the lid and strike your match or barbecue lighter before turning on the gas. When you are finished barbecuing, turn off the propane cylinder valve and then the barbecue burners. Always use and store your barbecue and propane cylinder outdoors. For information about cleaning and maintaining your barbecue, read the manufacturer's instructions, or call Port Colborne Fire & Emergency Services - 905-834-4512.

For more information on barbecue safety please visit the [www.tssa.org](http://www.tssa.org) (Technical Standards and Safety Authority).



## Student Accommodation

A parent's guide to finding fire-safe accommodation

Parents have many issues to consider when seeking suitable accommodation for a daughter or son attending college or university. The following information will help to determine if potential accommodation make the grade when it comes to fire safety.

### Smoke Alarms

It is the law in Ontario to have working smoke alarms on every storey and outside all sleeping areas. The law applies to single family, semi-detached, townhomes and apartments (including basement apartments), whether owner-occupied or rented. Rooming houses have specific regulations about smoke alarms or fire alarm systems. In addition to smoke alarms within each unit or suite, apartment buildings and student residences operated by the school may also have a building fire alarm system. Make sure the landlord, administrator or superintendent identifies and explains the fire alarm and detection features in the building and unit.

### Carbon Monoxide Alarms

The Ontario Building Code requires carbon monoxide alarms in new buildings that contain a fuel-fired appliance. However, many existing buildings were constructed prior to this requirement and may not be equipped with carbon monoxide alarms. If the building has a fuel-fired (natural gas, oil, propane or wood) appliance, a carbon monoxide alarm should be installed.

### Fire Separations

Students often find accommodation in

older homes that have been converted to apartments or rooming houses. At the time of the conversion, a building permit should have been obtained to ensure that fire safety features such as proper exits and fire separations between units are provided. Ask the owner if the property complies with the Building Code and Fire Code and to explain the fire safety features.

### Exits

It is important to consider how people will escape from a room or apartment in an emergency. Every room or apartment requires adequate exits that will permit unobstructed escape from the building. Make sure to ask the landlord or superintendent to identify all of the designated exits. All windows and doors should open fully and easily. Stairways and hallways must not be used for storage as this can pose serious fire safety hazards. Furniture and other obstacles can physically block exits and may fill hallways or stairways with smoke if they catch fire. This practice must be strictly avoided.

### For more information:

Contact the administration offices of the college or university. They will frequently maintain a registry of available accommodation for students.

In approximately 50 per cent of preventable\* home fire situations there is no smoke alarm warning.

\*A preventable fire is any fire that was not intentionally set.

**"Working Smoke Alarms Save Lives"** A smoke alarm should be installed on each level of your home (this includes your basement and attic). Do you sleep with your bedroom door shut? A smoke alarm is also needed in your bedroom to provide you with early warning that a fire has started in your bedroom. Need assistance installing your smoke alarm - contact Administration at Port Colborne Fire & Emergency Services 905-834-4512 (Monday to Friday 8:30 a.m. to 4:30 p.m.)

# Dr. Jeff Remington is awarded Regional Family Physician of the Year

Nominated by his peers and selected by the Board of Directors of the Ontario College of Family Physicians, Dr. Remington is recognized for his many contributions to patient care, our community and for exemplifying the principles of family medicine. The award will be formally presented to Dr. Remington at the Annual Scientific Assembly of the Ontario College of Family Physicians in November of this year.

Mayor Vance Badawey expresses congratulations to Dr. Remington on behalf of members of City Council and the citizens of the City of Port Colborne stating, "Port Colborne is incredibly fortunate to have Dr. Remington working within our community. Dr. Remington has worked tirelessly with our Physician Recruitment, Retention and Education committee, as well as with the South Niagara Healthcare

Corporation to ensure that the residents of south Niagara receive fair and equitable access to healthcare. He is amongst a team of medical leaders to the many medical students that come to our community every year and is looked upon as an expert in clinical decision making. This speaks volumes as to the direction and leadership our medical community takes to put the needs of the patients first."

Dr. Remington is a Clinical Manager and Leader in his Family Health Organization, Mapleview Medical Centre, and is an advocate of Allied Health professional and team based practice, and as such, illustrates many aspects of innovative ways of providing community-based primary health care. Dr. Remington is also an educator with the DeGroote School of Medicine, Niagara College and a leader at the

Rural Ontario Medicine Program. Dr. Remington has now taught over 100 learners including high school student observers, undergraduates, clerks, Physician Assistant students, Nurse Practitioner students, and Family Medicine residents from almost every Ontario medical school.

Upon being notified that he is a recipient of this prestigious award, Dr. Remington stated, "I am both honoured and humbled to have been chosen for this award. But I could not have achieved this distinction without the hard work and dedication of those around me: my associates and staff at Mapleview, my colleagues here in Port Colborne and at all the hospitals in which I work, the many Councils/Mayors/city staff with whom I have worked over the years, the wonderful students and learners who have come to my practice, and of course,



the patients for whom it has been a privilege to provide care over the last 20 years. To all of you, I say thank you!"

Congratulations to Dr. Remington and thank you for your dedication to health care in our community.

**Y**

**YMCA of Niagara**

*Beyond Fitness...*

At the Y, you and your family will have access to people, programs and facilities to help you learn, grow, thrive, make friends and have fun in the process. With a focus on inclusiveness and accessibility, we serve people of all ages, abilities and economic circumstance through all stages of life. No one is turned away from the Y. We can't wait to meet you!

**Coming soon:**  
Cyclefit is coming to Port Colborne! Cyclefit is a cardiovascular fitness class held on indoor stationary bikes. It is conducted in a group setting and everyone controls his/her own intensity. Certified instructors guide and motivate participants of all ages and fitness levels to work at their own pace while pushing their limits. The instructor uses music and instructional cycling techniques to guide participants through all types of terrain, flat roads, hills, rough trails, interval drills and more. The movements are fun, simple and easy to learn!

**Port Colborne YMCA**  
550 Elizabeth Street  
Port Colborne, ON L3K 5W3  
Tel: 905-835-9522

*Now open until 6:00pm on Sundays!*

**Regular YMCA Hours:**  
Monday-Friday 6:00am-10:00pm  
Saturday & Sunday 7:00am-6:00pm  
Holidays 7:00am-4:00pm

[ymcaofniagara.org](http://ymcaofniagara.org)

**Fall 2013**  
**ARTHRITIS PROGRAMS AND WORKSHOPS**

Join any of our upcoming sessions in Port Colborne on living well with arthritis.

<p><b>Understanding Arthritis</b> Presentation Tuesday, September 10, 2013 7 p.m. to 8 p.m. No registration required</p>	<p><b>Chronic Pain Management Workshop (CPMW)</b> Tuesday, September 17, 2013 7 p.m. to 9 p.m. or Tuesday, October 8, 2013 2 p.m. to 4 p.m. For more information or to register, call: 1.800.321.1433 ext 3657</p>	<p><b>Arthritis Self-Management Program (ASMP)</b> Thursdays, from September 26, 2013 through October 31, 2013 2 p.m. to 4 p.m. For more information or to register, call: 1.800.321.1433 ext 3657</p>	<p><b>Stay Active</b> An education program led by Karen Brinco, physiotherapist for The Arthritis Society Wednesday, September 25, 2013 1 p.m. to 4 p.m. For more information or to register, call: 1.800.321.1433 ext 1301</p>
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All events listed above take place at:

Vale Health and Wellness Centre, Community Room (2<sup>nd</sup> floor)  
550 Elizabeth Street, Port Colborne, ON L3K 5W3

**WE HAVE ARTHRITIS. IT DOESN'T HAVE US!**  
www.arthritis.ca 1.800.321.1433 #ArthritisSocietyON @ArthritisSoc

The Arthritis Society

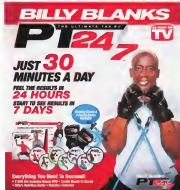
your **save on everything** store**GIANT TIGER**  
proudly **Canadian****LOW PRICES. EVERY DAY.**

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**280**  
sheets per roll  
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**3<sup>98</sup>**  
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#563223**4<sup>97</sup>****CONTAINS 7 DVDS**BILLY BLANKS  
FITNESS PROGRAM  
#640613**\$15**  
Reg. \$30**SAVE \$2**CASCADES PAPER TOWELS  
Six pack, #615957**5<sup>49</sup>**OIL OF OLAY  
SOAP  
#569260**\$1****KITCHEN  
STORAGE!**POPCORN MAKERS  
#655745/655747DESSERT CONTAINER  
#643587CAKE  
STORAGE  
CONTAINER  
#643586**\$8**  
EA.**Prices in effect September 12<sup>th</sup> - 15<sup>th</sup>, 2013, while quantities last****200 Fitch Street, Welland***Store hours:* Mon. - Fri. 8 am to 9 pm  
Sat. 8 am to 6 pm • Sun. 9 am to 6 pmCheck us out online at [www.gianttiger.com](http://www.gianttiger.com) and follow us on:



# WE ALL PLAY FOR CANADIAN TIRE!



<b>Team Canada Wheeled Hockey Bag, Junior</b>  <b>\$31<sup>99</sup></b>	<b>Bauer JT19 Curry Hockey Bag</b>  <b>\$33<sup>99</sup></b>	<b>Easton Wheeled Hockey Bag</b>  <b>\$34<sup>99</sup></b>
<b>Bauer 3500 Helmet, Junior/Senior</b>  <b>\$59<sup>99</sup></b>	<b>CCM Vector 06 Hockey Helmet Combo</b>  <b>\$71<sup>99</sup></b>	<b>Easton Helmet-Mask Combo</b>  <b>\$99<sup>99</sup></b>
<b>CCM RB2 Custom 01 Junior Hockey Skates</b>  <b>\$62<sup>99</sup></b>	<b>Bauer Supreme Pro Junior Hockey Skates</b>  <b>\$59<sup>99</sup></b>	<b>Bauer Vapor X:Edge Senior Hockey Skates</b>  <b>\$159<sup>99</sup></b>

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## ■ FUNDRAISER

# Rock and roll benefit concert

PORT COLBORNE - Travel back in time to support a worthy cause.

The Music Depot is hosting a '50s Rock N' Roll Party on Sunday, Sept. 15 to benefit young lakeside city resident Jason Thompson.

The five-year-old was diagnosed with T-cell acute lymphoblastic leukemia in November.

The benefit concert runs from 3 p.m. to 7 p.m. at Sugarloaf Harbour Marina pavilion and includes a barbecue, cash bar, prizes and performances by seven bands, including six student groups and 50's in Colour, a live documentary of 1950s music.

Tickets are \$5 each and are available in advance at The Music Depot, 80 Fraser St. in Port Colborne.

For more information, call 905-834-7726.



Jason Thompson

# ROY ORBISON

## ★ SHADES OF YESTERDAY ★

STARRING THE INCREDIBLE...

# BERNIE JESSOME

with



Hear ALL the Hits! "Pretty Woman" "Crying" "Only The Lonely" "Running Scared" and more!

SATURDAY SEPTEMBER 21ST @ 8:00 P.M.

## ROSELAWN THEATRE

296 Fielden Avenue, Port Colborne

# 905-834-0833

Tickets \$28

NEW LOCATION

## Port Colborne Household Hazardous Waste Day

**Saturday, Sept. 21**  
**8 a.m. - 3 p.m.**  
**Vale Health & Wellness Centre**  
**550 Elizabeth St., Port Colborne**

This event is open to all Niagara region residents. No commercial, institutional or industrial waste is accepted.

Gasoline will not be decanted at the depot. The container and the contents will be taken for safe disposal.

Please refer to [www.niagara-region.ca/waste](http://www.niagara-region.ca/waste) for a full list of acceptable materials and packaging and handling requirements.

All material that is brought to the event is recycled, reused or disposed of in a safe and proper manner.

Waste info line: 905-356-4141  
 Toll-free: 1-800-594-5542

Niagara  Region

### Examples of Acceptable Household Hazardous Waste (HHW)

Aerosol cans

Batteries

Cleaners

Lawn care products

Pool chemicals

Paint

Propane tanks

Solvents

Sharps

### Unacceptable Materials

Ammunition

Explosives

Electronics

PCBs

Pathological waste

Smoke detectors

Commercial or industrial waste

**PRETRIAL HEARING SET**

**PORT COLBORNE** — The man accused of killing a 31-year-old Port Colborne woman last month has set a date for a pretrial hearing.

Harry Gleason Leavere, 44, of Port Colborne, made a brief appearance by video in St. Catharines court recently. He is charged with second-degree murder and offering indignity to a body in the death of Courtney Tourand.

Leavere told the justice of the peace he

had hired lawyer Andrew Burton. Burton told the court he'd arranged for a judicial pretrial in judge's chambers on Oct. 8 and would then speak to the matter in open court later that day.

The body of Tourand was found in Leavere's apartment at 262 West St. shortly after 3 a.m. on Aug. 27.

Niagara Regional Police said at the time she had been dead for three days to a week.

They arrested Leavere about 12 hours later in Hamilton.



**AARON BOGGIO**  
R.Ph., B.Sc., PHM



**BOGGIO**  
*Family of Pharmacies*

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**DRUGS AND ALCOHOL**



**LARRY BOGGIO**  
R.Ph., B.Sc., PHM, (owner)

Unfortunately mixing alcohol with certain types of prescription medications can be dangerous. Alcohol can increase the risk of severe CNS depression when taken with opioids, benzodiazepines and barbiturates. Alcohol can also affect drug metabolism (breakdown to active components), or the absorption of some drugs. Chronic alcohol intake can also cause problems with certain medications because of the effect it has on the liver and specific drug metabolizing enzymes.

Chronic alcohol use increases acetaminophen (TYLENOL) metabolism increasing its conversion to metabolites toxic to the liver. It is always best not to exceed four grams of acetaminophen a day, especially if you are a heavy or binge drinker because of the damage it can due to your liver.

Chronic alcohol use along with NSAIDs (Ibuprofen) or aspirin can increase the risk of GI bleeds. However, an occasional drink with NSAID use is not likely an issue.

If you are a patient on warfarin alcohol can inhibit warfarin metabolism and increase your INR. If you change your usual alcohol intake you should have your INR checked.

Certain antibiotics, and in particular metronidazole, has the potential when mixed with alcohol to make people quite ill. When taken together a patient may experience low blood pressure, shortness of breath, facial flushing, and nausea.

Diabetic patients taking hypoglycemics such as GLYBURIDE or insulin are at risk of severe hypoglycemia (low blood sugar) when they drink alcohol. These patients should limit alcohol to an occasional single drink.

Any patient on medication for sleeping should be careful of alcohol consumption because of the additive effects of drowsiness and respiratory depression. Patients have been known to aspirate their own vomit and die from intoxication. This could be more likely to happen if a person mixes alcohol with their sleep medication.

This same problem could exist when patients mix alcohol and opiates.

It is always wise to consult your pharmacist or physician if you receive a new prescription and intend to have a few alcoholic beverages. Also please notify your physician or pharmacist if you are a chronic drinker. Even if you are not planning to drink while taking your prescription previous liver damage could affect how well you metabolize your medication. This could result in too high, or too low a dose for you.

**BOGGIO PHARMACY**

200 Catherine St., Port Colborne

**905.834.3514**

**www.boggios.com**



**If you find a  
cheaper price,  
simply show  
us and  
we will match.**

**See Store For Details**

**September 13<sup>th</sup> - 19<sup>th</sup>, 2013**



**Brent & Jenny's** | 53 West Side Rd.  
**NoFrills** | Port Colborne



## ARE YOU **BUYING** OR **SELLING?**



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Selection of Homes for Sale

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DELIVERED  
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• Welland Tribune • In-Port News  
• Pelham News •

### ■ HARVEST

## Bumper crop comes in late

SARAH FERGUSON  
InPort News Staff

With weather conditions cooler and wetter than the previous year, local farmers say Niagara's crops are good, but will be harvested a little later than usual.

"In the Niagara region, it's been cooler and wetter. There has been a lot of larger storm systems that have dropped a lot of precipitation at once, which has caused a bit of a delay this year," viticulturist Jim Willwerth said.

Willwerth said the cooler weather has caused this year's harvest to be delayed a few weeks because the grapes needed to mature longer on the vine. Despite the delay, this year's crop is healthy, and a good size, Willwerth said.

Willwerth is tracking the maturity of grapes across the Niagara Peninsula through Brock University's Cool Climate Oenology and Viticulture Institute pre-harvest monitoring program.

Now in its fourth year, the pre-harvest program, which is run by Willwerth, collects data like sugar levels, acidity and tracks ripeness indicators for the popular grape varieties in Niagara including Chardonnay,

Riesling, Cabernet Sauvignon and Cabernet Franc.

"Grapes mature at different rates, so what the program does is provide information to this industry so they have an idea how things are progressing to make good decisions for wine-making practices."

For Jon Veenstra of Veenstra Farms in Sherkston said this year's winter wheat crop was "fantastic" despite a difficult start.

"Last year, we had no rain from May to late August, and this year, we've had plenty of rain — almost too much."

This year's winter wheat crop, which was planted last fall and was harvested in July, was a record for Veenstra Farms, he said.

"We have about 500 acres of wheat. Usually you can expect 50 bushels per acre, but this year we averaged 85 bushels. That was due to a good fall and spring with plenty of rain."

Veenstra said the farm has been blessed this year.

"We had a bit of a rough start with a mildly-cold spring. Some farmers had to replant, but we didn't. It was a hard start and it looked bad but (the crop) came back."

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■ **FOOD FESTIVAL:** Music and food mix in Welland

# Tickling the tastebuds

MARYANNE FIRTH  
InPort News Staff

WELLAND — It was ooey. It was gooey.

It was just what Karolann Hachey was hoping for.

The 16-year-old Niagara Falls resident was all smiles as she dove into a pulled pork poutine served up by Cool Licks Ice Cream Parlour at the 20th annual Niagara Food

Festival, Sunday.

It was the teen's first trip to the Welland event, travelling with grandmother Sally Kowal. Kowal visited the festival

Friday and loved it so much she opted for a second day filled with culinary delights.

"I like the different foods, the beer, the music," Kowal said, adding she's likely to return again.

Festivalgoers packed down-

town Welland throughout the weekend, many even braving rainy weather on Saturday to visit the more than 50 vendors on site.

"It has been a legacy festival," event chair Brad Morgan said Sunday as the sun once again beamed down on the festivities.

"Everything has gone extremely well ... Everything rolled out with no issues

whatsoever."

Friday's Niagara College night, which invited students and alumni of the school to come together on the festival grounds, was a record-breaking night for the Peninsula's Tastiest Party.

"(It was the) busiest night ever for the entire 20-year history of the festival," Morgan said.

see **FOOD** | page 26



MARYANNE FIRTH Staff Photo

Karolann Hachey, of Niagara Falls, dives into a pulled pork poutine during the Niagara Food Festival on Sunday.



## AUTOMOTIVE TIPS FROM CANADA'S SERVICE LEADER

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## TIRE PRESSURE

The most frequent cause of tire failure is under-inflation. Even extreme under-inflation can be difficult to detect by mere visual inspection. Don't depend on it, use a personal tire pressure gauge. Under-inflated or overloaded tires generate high levels of destructive, internal heat, which could cause your tires to blowout. Extreme under-inflation can even unseat the tire from the rim while your vehicle is in motion.

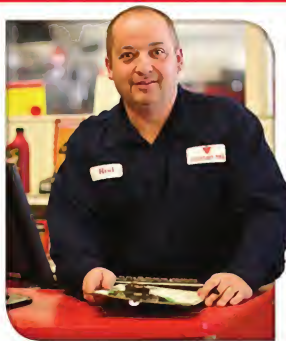
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## FOOD

# Crowds estimated at 60,000

FROM PAGE 25

Rain on Saturday "essentially cleaned things up," he said with a laugh, adding weather began to co-operate in the evening as patrons readied for bands Street Pharmacy, Wide Mouth Mason and Big Sugar to take the stage.

He estimated that about 60,000 people walked through the festival gates throughout the weekend.

Morgan credited the hard working board and volunteers for coming

together to make the event possible.

"One of our vendors pulled us aside and said he goes to a plethora of events throughout the year and this is the most organized, most highly attended and most profitable festival for him too," he said.

"And that's very important to us. To bring all this commerce and all these people to the beautiful downtown Welland is just an awesome thing for us."

It was the food festival that drew Anna Burkard and mother Michele to the Rose City on Saturday.

## In The NEWS

110 Main

**NEW BUSINESS OPENING**

LINDA SLOAT AND CAROL VANALSTINE HAVE

OPENED 110 MAIN IN PORT COLBORNE.



The store, selling gorgeous florals designed by Carol, Home Decorating items, gifts, loose leaf tea and vintage furniture will be open Tuesday-Saturday's 12-5.

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IMPORT NEWS

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■ **UNIQUE:** New flavours and foods introduced at food festival

# Palate-pleasing tastes

**MARYANNE FIRTH**  
inPort News Staff

**WELLAND** — Niagara Food Festival is a one-stop shop for new and interesting flavour combinations that make your taste buds dance.

In celebration of the festival's 20th year, The Tribune has compiled a list of the five oddest eats visitors happily devoured at this weekend's event.

**Food:** Duck and onion jam crepe

**Vendor:** Paris Crepes Cafe

**City:** Niagara Falls

**Cost:** \$8

**Description:** A galette batter (buckwheat flour) pancake served with emmental cheese, onion jam and duck confit cooked in its own fat and shredded to perfection.

**Food:** Taco in a bag

**Vendor:** Country Corner Market

**City:** Welland  
**Cost:** \$5

**Description:** A single-serving bag of Doritos crushed up and mixes with seasoned ground beef, tomato, lettuce, sour cream and salsa. Mixed and served straight out of the bag.

**Food:** Deep fried Oreos

**Vendor:** Cool Licks Ice Cream

**Parlour**

**City:** Welland

**Cost:** \$5 (for 5)

**Description:** Battered and deep-fried version of the classic black-and-white cookie that's sure to satisfy any sweet tooth.

**Food:** Moroccan camel burger

**Vendor:** Churchhill Natural

**Meats**

**City:** Pelham

**Cost:** \$8

**Description:** A patty of camel meat flavoured with cumin, cilantro, mint, paprika and clove and

served with all the fixings on a fresh bun.

**Food:** Cowboy fries

**Vendor:** M.T. Bellies  
**City:** Welland

**Cost:** \$5

**Description:** A basket of french

fries topped with a heaping helping of barbecue pulled pork and then topped with a tangy coleslaw.



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## ■ BOW HUNTING

# Natives will get a second deer hunt at Short Hills park

QMI Agency Niagara  
 PELHAM — The Ministry of  
 Natural Resources announced

Friday afternoon that for  
 the second year in a row an  
 Aboriginal deer hunt will take  
 place in Short Hills Provincial

Park.  
 The park will be closed to the  
 public Nov. 21 to 24 and Nov. 28  
 to Dec. 1 to allow for the hunt.

The bow hunt — no firearms  
 will be used — will begin one  
 half-hour before sunrise and  
 end one half-hour after sunset.

Aboriginal hunts, which  
 are recognized through treaty  
 rights, will take place in the  
 southern portion of the park

where there is the least devel-  
 opment and fewest trails. Park  
 staff will monitor access points  
 to the park.



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**Saturday, September 21st, 2013**

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Due to time, the event is limited to 10 contestants - first come, first served.

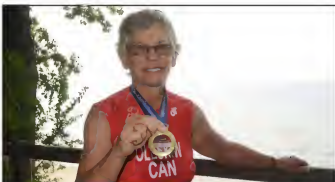
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## ■ DUATHLON



BERND FRANKS Staff Photo

Sharryn Oleskiw of Port Colborne, Ont., displays her gold medal for placing first in the women's 65- to 69 age class at the Duathlon World Champions in Ottawa.

## The fastest of friends

SARAH FERGUSON  
InPort News Staff

WAINFLEET — Sharryn Oleskiw hadn't raced since 2006 but when retired teacher finally put on her sneakers, tightened her shoelaces and took off from the starting line, it felt good.

She said "it was nice" to be racing again, and the gold medal she won at the Duathlon World Championships.

The 66-year-old Wainfleet resident was running for Team Canada when she returned to the world of competitive racing. The worlds, which featured more than 1,000 athletes from 63 countries, was held in Ottawa from Aug. 10 to 13.

Competition was organized into categories: Olympic, featuring a 10 km run, 40 km bike ride and a 5 km run; and sprint, half the length of the Olympic distances. She competed in the Olympic division in the 65-69 age group and won first place after having recovered from knee surgery in 2008.

Oleskiw, who taught at both mathematics and physical education at Centennial Secondary School and the former Welland High, dedicated the race to her parents, Eileen and Lloyd Buckley, who both died in the last year and a half.

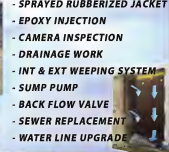
"They supported all of my endeavors, and they wanted me to race again," she said.

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wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70-80%) of the population over the age of 50 have joint problems — often called osteoarthritis. This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking

anywhere from 2 to 6 capsules/day. Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, "I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."

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